

It all adds up to cleaner air

Regular car maintenance saves you time and money, while also helping clean the air. It can extend the life of your car, reduce your chances of having car trouble, use less gasoline, and save money. In addition, walking or biking instead of driving can save you money, improve air quality, and improve your health.

Here are some things to consider as you care for your car, the air, AND yourself this spring:

- Regular car maintenance, such as tune-ups, oil changes, air filter maintenance, and proper tire inflation, can save an average of 23 gallons of gasoline per year! Replacing a clogged air filter can improve your car's gas mileage by as much as 10%—saving up to 55 gallons of gasoline, or about three trips to the gas station, each year.
- Keeping your tires properly inflated can improve your gas mileage by around 3%—saving up to 18 gallons of gasoline per year.
- A well-maintained vehicle produces up to 20% less volatile organic compounds (VOCs) and 10% less nitrogen oxides (NO_x) than a poorly maintained vehicle. These pollutants that lead to the production of ozone.
- 40% of the trips we make are less than two miles long. That would be about a 30-minute walk or a 15-minute bike ride.
- 30% of U.S. adults are obese. The Centers for Disease Control and Prevention recommends exercising 30 minutes per day—about a two-mile walk. Walking instead of driving for just one two-mile trip each day would give you all the recommended exercise you need!